



## CLOSE TO HOME A good start to Sure Start in Dungannon

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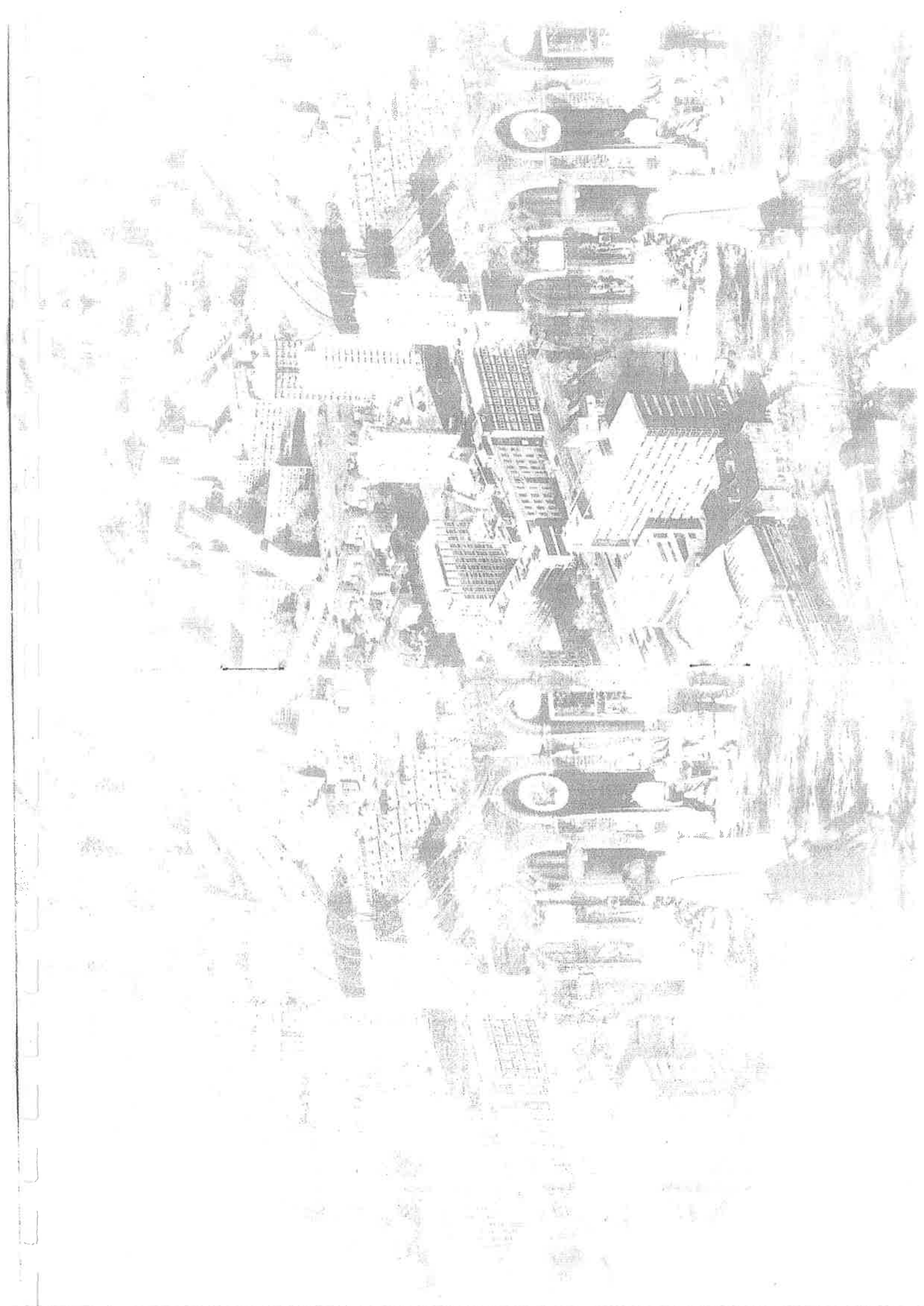
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**This booklet is to help you and your family think about your health. You may wish to spend some time looking at it, and thinking about each member of the family in turn. Your health visitor can help you to decide what issues affect your family. You may then be able to think of some changes you might like to make. The booklet is for you to keep.**

**Family names**

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**Health visitor's name**

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**Telephone number**

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**Appointments**

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**This booklet was developed by local parents and health visitors in Sheffield. The project was managed by Mary Garside, health visitor, North Sheffield, Primary Care Trust. Funding was provided through a National Health Action Zone Fellowship, with support from Sheffield Health Action Zone and the Institute of General Practice and Primary Care, University of Sheffield.**



- Work or lack of it
- Relationships (partners, children, others)
- Stress
- What you eat
- Smoking
- Relaxing
- Illness
- Money
- Contraception
- Disability
- Housing
- Drugs
- Alcohol
- Domestic violence/abuse
- Depression
- Caring for others
- Anything else?

This image shows a full page of primary-ruled paper. It contains ten identical horizontal rows. Each row is defined by three lines: a solid top line, a dashed midline, and a solid bottom line. The rows are evenly spaced across the entire page, providing a template for handwriting practice.

## Forward Plan – To be completed by you and the Health Visitor

If there are any family health issues you would like to change or improve, you or your health visitor may wish to write them down here. You could decide what action you might take, and whether you would like to look at the issues again another time.

| Family health issue | Action to be taken |
|---------------------|--------------------|
|                     |                    |